Dumbbell One-Arm Row

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TYPE OF EXERCISE:
Upper body and multijoint.

MUSCLES USED:
Latissimus dorsi, middle trapezius, rhomboids, teres major, posterior deltoid, biceps brachii, brachialis, brachioradialis.

Starting Position

• Select a dumbbell of appropriate weight.
• Place the dumbbell on the floor next to the left upper end of an adjustable bench.
• Stand to the left of the bench, which is elevated 30° at the upper end.
• Kneel on the bench with the right leg, and place the left foot flat on the floor.
• Place the right hand at the upper end of the bench.
• Keep the body weight back toward the right heel, with a minimum amount of stress placed on the right hand.
• Position the slightly flexed left leg on the left side of the bench behind the back end, with the toes pointing forward. The left leg should remain in a slightly flexed position throughout the exercise.
• The upper extremity should remain parallel to the elevated bench.
• Reach down and grasp the dumbbell with a closed, neutral grip (palm of the hand facing in) of the left hand.
• Position both hips, the left knee, and the right elbow to place the torso at a 30° angle to the floor and parallel to the bench.
• Hang the dumbbell at a slightly upward angle, at full elbow extension on the left side of the body, while keeping the shoulders parallel.
• Keep the back flat and the eyes focused straight ahead.
• Inhale just before raising the dumbbell.

Ascent (Upward Movement)

• Begin by pulling the dumbbell up toward the torso.
• Keep the upper left arm and elbow next to the side of the body as the dumbbell is raised.
• Keep the wrist straight; do not curl the wrist upward.
• The left elbow should move past the side to enable the dumbbell to be pulled to the rib cage midway between the shoulder and hip.
• Maintain the flat back at a 30° upward angle, and keep a stationary head, shoulder, elbow, hand, knee, and foot position throughout the ascent.
• Do not swing or jerk the upper body upward in an attempt to
Figure 1. Starting position (right side).

help raise the dumbbell.
• Continue pulling the dumbbell until it reaches the left rib cage midway between the shoulder and hip.
• Exhale as the dumbbell is lifted.

Descent (Downward Movement)
• Maintain the flat back at a $30^\circ$ upward angle, and keep a stationary head, shoulder, elbow, hand, knee, and foot position throughout the ascent.
• Keep the left knee slightly flexed and the left foot flat on the floor throughout the descent.
• Inhale as the dumbbell is returned to the starting position.
• After completing the set with the left arm, release the dumbbell, stand on the right side of the bench, and repeat the procedure with the right arm.

Figure 2. Completion of ascent and beginning of descent (right side).

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